

DINNERLY



Feed A Crowd: Mongolian Beef and Rice

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- 2 red capsicums
- 2 carrots
- 300g jasmine rice
- beef mince
- 80ml hoisin sauce ^{1,6,11}

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs soy sauce ⁶

TOOLS

- medium saucepan with lid
- large deep frypan
- slotted spoon

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 520kcal, Fat 17.1g, Carbs 84.2g, Proteins 26.0g



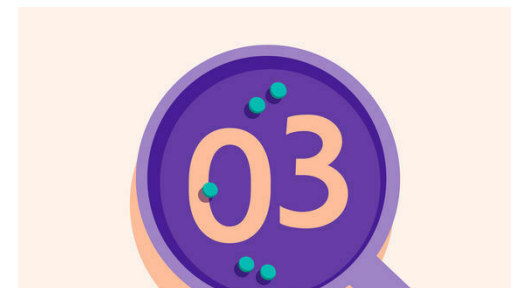
1. Prep ingredients

Thinly slice the **onion** and **capsicums**. Peel the **carrots** and thinly slice. Crush or finely chop 2 **garlic cloves**.



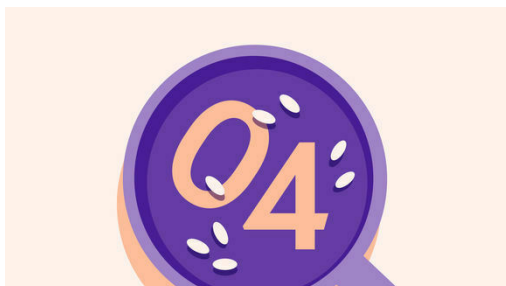
2. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



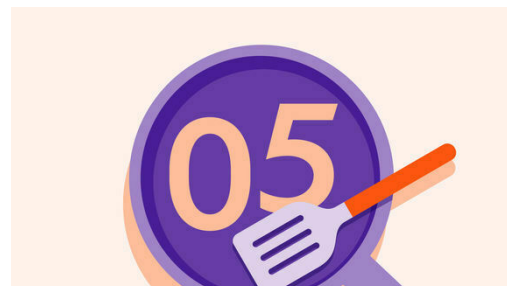
3. Brown beef

Heat **2 tsp vegetable oil** in a large deep frypan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Remove from the pan with a slotted spoon. Heat **1 tsp vegetable oil** in the pan over medium heat. Cook the **onion**, stirring occasionally, for 3-4 mins until softened. Remove from the pan.



4. Soften veggies

Heat **1 tsp vegetable oil** in the same pan over medium heat. Cook the **capsicum**, **carrot** and **garlic**, stirring occasionally, for 5-7 mins until softened. Add the **beef**, **onion**, **hoisin sauce**, **1 tbs soy sauce**, **1 tsp pepper** and **1 tbs water** to the pan and cook, stirring, for 1 min or until warmed through.



5. Serve up

Remove the pan from the heat. Taste, then season with **salt**. Divide the **rice** and **Mongolian beef and veggies** among bowls. Enjoy!



6. Feed A Crowd

Go all in with the Asian flavours and add a hit of grated ginger or chilli to the pan when cooking the veggies, or scatter over a handful of coriander before serving for a burst of freshness.